

Sustainable & *sustainable* **FLAVORS BUDGET**

**TASTY RECIPES
AND PRACTICAL
ADVICE**







A third of all produced food on Earth goes to waste. That fact can be hard to imagine, but that's a problem we have to face and look for creative solutions. The best place to start, for many of us, will be in our kitchens. **Let's green our plates and help reduce food waste.**

We provide you delectable recipes using eco-friendly options and goods, guidance on purchasing food that is healthy for both you and the environment, and suggestions for cutting down on food waste.

Creating **12 "Living Labs" throughout 12 cities** is one of the primary objectives of the FUSILLI initiative. Creating local food-related urban plans is the main goal of these "laboratories" in order to accomplish a safe, integrated, and thorough transition to inclusive, safe, nutritious, sustainable, and financially sustainable food systems. The **Living Lab in Rijeka** is centered around its residents, with an emphasis on underprivileged groups like as the elderly, the socially vulnerable, and/or people with specific medical conditions.

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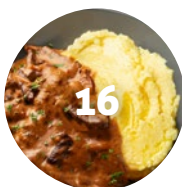
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Roast chicken panzanella



INGREDIENTS

- 150 g unsalted butter, softened
- 2 cloves of garlic, finely chopped
- ⅓ cup (80 ml) extra virgin olive oil
- ¼ cup (20 g) parmesan cheese, finely grated
- 1 whole chicken, approx. 1.6 kg
- ½ bunch of basil, a few leaves for serving
- 1 lemon, cut in half
- 1 loaf of bread of your choice (use old bread), cut lengthwise
- 500 g of cherry tomatoes
- 1 head of red onion, peeled, cut into thicker rings
- 3 anchovies, roughly chopped
- 2 tablespoons of red wine vinegar

TIP

Keep track of what you have in the fridge

Put a list of foods on the refrigerator, which foods expire, etc. If lists stress you out, you can also designate a "eat this first" shelf in your fridge and pantry where you'll store ingredients or leftovers that need to be used up before moving on to new foods.

DIRECTIONS

Heat the oven to 210°C. Place the butter, garlic, 2 tablespoons olive oil, and Parmesan cheese in a medium bowl, season, and stir to combine. Using your hand, gently loosen the skin from the meat of the chicken breast and drumsticks, being careful not to tear it. Spoon half of the butter mixture under the skin, to get an even layer. Apply 1 tablespoon of the butter mixture to the skin. Fill the inside of the chicken with basil and lemon.

Brush the cut side of the bread halves with the remaining butter and place on a wire rack above a large baking sheet. Place the chicken on top of the bread. Bake in the oven for 1 hour and 30 minutes, or until the chicken is cooked. Remove from the oven. Transfer the chicken to a large bowl and cover lightly with foil.

Add tomatoes, onions and anchovies to the container in which you roasted the chicken. Pour over the vinegar and the remaining 1 tablespoon of oil and mix. Bake for 20 minutes at 200°C, turning occasionally.

Cut the bread into 3 cm cubes. Place on a lined baking sheet, drizzle with 1 tablespoon of oil and bake in the oven for 15 minutes or until golden and crispy. Add the croutons to the tomato mixture.

Serve the chicken with panzanella.



Leftover roast ribollita

INGREDIENTS

- 1 cup (250 ml) of olive oil
- 1 onion, finely chopped
- 4 cloves of garlic, finely chopped
- 500 g leftover roast beef, chicken or pork (chopped)
- 1L (4 cups) tomato paste
- 2 stalks of celery, finely chopped
- 400 g can of red beans, washed and drained
- 500 g of pasta
- 2 teaspoons of dried peppers
- finely grated zest and juice of 1/2 lemon

DIRECTIONS

Heat the oil, onion and garlic in a saucepan over medium heat and cook gently, stirring occasionally, for 5 minutes or until the onion is soft. Add meat, passata, celery and beans. Cover and cook, stirring occasionally, for about 30 minutes.

Meanwhile, cook the pasta according to the instructions on the package. Drain and mix into the prepared sauce. Season and serve immediately.

TIP

Use the food from the previous day

A perfect recipe in which you will use the chicken from Sunday lunch! In the recipe, it is possible to use any type of meat that you may have left over from the previous day, as well as any type of pasta that you have available.



Creamy pesto kale pasta

INGREDIENTS

- 1 tablespoon of oil
- 2 heads of red onion, finely sliced
- 300 g of kale
- 300 g of pasta
- 4 tablespoons of soft cheese
- 4 tablespoons of fresh pesto or pesto in a jar

TIP
1

Be sure to add kale to your diet

Besides being a nutritional superstar due to the amount of vitamins A, B6, C, K, folate, fiber, carotenoids and manganese it contains, kale can be steamed, fried, baked or eaten raw. You can mix it into smoothies, bake it into kale chips or turn it into pesto. With a price of about €1.50 per piece and the fact that it can last up to a week in the refrigerator, kale is a great food that you can add to your weekly menu.

DIRECTIONS

Heat the oil in a large skillet over medium heat. Fry the onion for 10 minutes until it softens and begins to caramelize. Add the kale and 100 ml of water, then cover and cook for another 5 minutes, or until the kale wilts.

Cook the pasta according to the instructions on the package. Drain, leaving some of the cooking water.

Mix the pasta with a mixture of onions, soft cheese and pesto, if necessary add a little cooking water to get a creamy sauce.

TIP
2

Too much pasta? Not a problem!

This is a perfect time to use up any excess pasta that you might have made the previous day. You can use cooked pasta in both savory and sweet recipes; it keeps well in the refrigerator for up to three days!



Roast tomatoes & sourdough with gorgonzola dolce

INGREDIENTS

- 300 g of old bread, sliced thicker
- 8 medium tomatoes
- 250 g of cherry tomatoes
- 6 cloves of garlic, unpeeled
- 1/4 cup (60 ml) extra virgin olive oil, plus extra for serving
- thinly sliced gorgonzola or any other cheese of your choice
- basil leaves, for serving

DIRECTIONS

Heat the oven to 200°C. Put the bread, tomatoes, garlic and oil in the baking dish and bake for 1 hour. Sprinkle with gorgonzola and basil leaves and drizzle with additional oil for serving.

TIP

If you have excess stale bread, prepare a quick dessert.



Bread and butter pudding

INGREDIENTS

- 250 ml whole milk
- 300 ml whipping cream
- vanilla bean or extract
- 3 whole large eggs
- 3 spoons of sugar
- 8 slices of stale bread
- 50 g of softened butter,
- 75 g of raisins or other dried fruit
- zest of 1/2 lemon

DIRECTIONS

To make the custard, heat the milk and vanilla bean together in a saucepan just below the boiling point. During this time, whisk eggs and yolks with sugar in a bowl. Slowly pour the warm milk mixture over the eggs, stirring constantly, until the mixture is smooth (now mix in the vanilla extract if you are using it instead of the bean).

Lightly butter an ovenproof dish approximately 20cm by 25cm by 5cm. Cut the crust off the slices of bread, then spread butter on both sides of the bread and cut into triangles. Place half of the bread slices on the bottom of the dish so that they overlap a little. Mix dried fruit with lemon zest, and sprinkle half of the mixture on the bread. Place the rest of the bread on top and sprinkle it with the remaining fruit. Heat the oven to 180°C. Remove the vanilla bean from the cream and pour the cream over the pudding. Leave to soak for at least 30 minutes, and if desired, longer, in the refrigerator. Bake for 35–40 minutes.



Fridge raid fried rice

INGREDIENTS

- 2 tablespoons of vegetable oil
- 1 head of garlic, finely chopped
- 1 carrot, finely chopped
- 100 g of green beans
- 1 red or yellow bell pepper, finely chopped
- ½ broccoli, chopped into small pieces
- 150 g of boiled chicken (or any other meat), roughly chopped,
- 300 g of cooked rice (rice from the previous day is ideal)
- 2 eggs, beaten
- 1 tablespoon of sesame oil
- 1 spring onion, finely chopped
- 1 teaspoon of toasted sesame seeds

DIRECTIONS

Heat half of the vegetable oil in a wok or pan over medium heat and fry the onion, carrot and green beans for 5 minutes. Add pepper, broccoli and chicken and fry for another 3 minutes while stirring. Add the rice and stir-fry for another 4 minutes until all the rice grains are separated.

Push the rice and vegetables to the side, then add the remaining vegetable oil. Crack the egg and mix it briefly before mixing it into the vegetable and chicken mixture.

Stir in the sesame oil, then garnish with scallions and sesame seeds.

TIP

Make a stock with vegetable leftovers

While cooking, you will surely end up with piles of leftover carrots, tougher parts of broccoli, roots of fresh cabbage that we usually cut, potato and onion skins that are usually thrown in the trash. You can slice these foods and store them in the freezer, and when you collect enough of them, you can make a rich homemade stock.



Tuna, spring onion & sweetcorn fritters

INGREDIENTS

- 125 ml of milk
- 3 eggs, beaten
- 150 g of flour
- 300 g frozen sweet corn, thawed (or use cooked fresh corn)
- ½ bunch of spring onions, thinly sliced
- 1 lemon, peeled and cut into slices
- 2 x 112 g cans of tuna, drained
- sunflower or vegetable oil, for frying

DIRECTIONS

Mix milk and eggs in with ½ teaspoon salt and ¼ teaspoon ground black pepper. Sift the flour into a bowl, make a well in the center and stir in the egg mixture until combined.

Add sweet corn, scallions, lemon zest and tuna. Heat the oil in a non-stick pan over medium heat. Drop spoonfuls of batter into the pan and cook until crisp and golden, about 2-3 minutes, flip and repeat on the other side (you'll need to do this in batches).

Leave it warm in the oven and repeat with the remaining dough. Serve hot fritters with lemon wedges, sour cream and hot sauce, if using.

TIP

First In, First Out

Professional chef's rule. When storing groceries, pull older items forward to grab them first. In a bowl of fruit, for example, put new apples under the older ones. (Consider using stickers to make sure everyone else in your home knows what to do, too!)

Get the kids involved in making these fun pizzas.

The recipe is enough for 4 to 5 kid-sized pizzas.



Pick 'n' mix pizza

INGREDIENTS

For the dough

- 500 g smooth white flour
- 1 tablespoon of olive oil
- 350 ml of water
- 7 g (bag) of dry yeast
- 1 teaspoon of salt

For the tomato sauce

- 2 x 400 g canned tomatoes (peeled or chopped)
- half a tube of tomato puree

Choose what to put on the pizza: grated cheese, ham, sausages, canned tuna, mushrooms and vegetables of your choice - what you have in the fridge (peppers, green beans, broccoli, olives, arugula...).

DIRECTIONS

Mix flour, oil, water, salt, and dry yeast into a dough; knead and let rise for 60 to 90 minutes in a warm area. Place the chopped tomato and tomato puree into a pot, bring to a boil, and simmer, covered, for approximately 10 minutes to evaporate any remaining liquid. If you aren't okay with the chunks, you can purée the sauce.

Preheat the oven to 200 degrees Celsius. After kneading the dough, form it into four to five balls, dust with flour, and roll out on a surface dusted with flour. Apply a layer of tomato sauce to the dough, then top with shredded cheese and anything you decide. Bake for fifteen minutes.

TIP

How to freeze pizza dough?

In order to save time and have the dough ready in the freezer for a quick lunch, double this recipe and freeze the dough. It is important to freeze the dough after it has risen. Before freezing, divide the dough into the portions you need for the pizzas. The pizza dough will be able to stay in the freezer for up to 3 months.



Bolognese

INGREDIENTS

- 4 tablespoons of olive oil
- 6 pieces of smoked bacon
- 4 onions, finely chopped
- 3 carrots, finely chopped
- 4 sticks of celery, finely chopped
- 8 garlic cloves, chopped
- 2 bay leaves
- 500 g of mushrooms, sliced
- 1½ kg lean ground beef (or use half beef, half pork)
- 6 x 400 g cans of chopped tomatoes (or peeled)
- 6 tablespoons of tomato puree
- a large glass of red wine (optional)
- 4 tablespoons of red wine vinegar
- 1 tablespoon of sugar
- parmesan, for serving

DIRECTIONS

Heat the oil in a large pot. Gently cook the bacon, onion, carrot and celery for 20 minutes until golden brown. Add the garlic, herbs, bay leaves and mushrooms, then cook for another 2 minutes.

Heat a large pan. Add minced meat, cook until golden brown (for larger amounts of meat, fry it several times), then add previously stewed vegetables, tomatoes and tomato puree. Rinse the cans with red wine, then add to the pan with vinegar and sugar. Season generously and let it boil. Simmer slowly for 1 hour until it becomes thick and juicy, and the minced meat is soft. Serve with pasta and Parmesan cheese.

How to freeze bolognese?

Beef and Vegetarian Bolognese freeze really well, so it's a fantastic base for meal prep. Having Bolognese sauce on hand is a huge time saver because it can be turned into an easy meal in just minutes! Allow the sauce to cool before placing it in the freezer to avoid heating any other frozen foods. Frozen Bolognese can be stored for up to 3 months.

TIP



Chole with cumin rice & raita

Make this chickpea curry if you don't have time to go shopping as the recipe calls for cupboard staples like tinned chickpeas, rice and spices. Beans and legumes, such as chickpeas, are rich in protein, resistant starch and soluble fiber, which slows down the rate at which we digest them and helps lower blood sugar levels.

INGREDIENTS

- tablespoon of vegetable oil
- 1 red onion, finely chopped
- 4 teaspoons of cumin seeds
- 1 teaspoon of finely grated ginger
- 4 cloves of garlic, finely grated
- 2 teaspoons of curry powder
- 2 x 400 g cans of chickpeas
- 100 g of tomato puree
- 30 g of fresh coriander, chopped
- 300 g of rice
- ¼ cucumber
- 200 g of Greek yogurt
- ½ teaspoon of cumin seeds, toasted and crushed

DIRECTIONS

Heat the oil in a large pan and fry the onions over a low heat for 10 mins until starting to brown. Add 3 tsp of the cumin, the ginger, garlic and curry powder. Stir for a minute to keep the spices from burning. Tip in the chickpeas and the liquid from the can, along with the tomato purée, 20g of the coriander and some seasoning. Simmer over a low heat for about 10 mins. Add a splash of water if it looks too dry.

Meanwhile, rinse and drain the rice, add the remaining 1 tsp cumin seeds, 2 litres of boiling water and seasoning. Cook for about 10 mins, or until the rice is tender. Drain.

For the raita, grate the cucumber and stir it into the yogurt with the cumin, mint and the remaining coriander. Season, scatter over the pomegranate seeds, then serve alongside the chole and rice.



Quick beef & broccoli noodles

INGREDIENTS

- 500 g of egg noodles (or pasta of your choice)
- 1 head of broccoli, cut into small pieces
- 1 tablespoon of sesame oil
- 400 g of beef (or any other meat of your choice - pork loin, chicken, turkey)
- chopped spring onion
- 3 tablespoons of soy sauce
- 1 tablespoon of tomato ketchup
- 2 crushed garlic cloves
- 1 thumb-sized piece of ginger, peeled and finely grated
- 1 tablespoon of white wine vinegar

DIRECTIONS

Start by making the sauce. Combine soy sauce, ketchup, garlic, ginger, and white vinegar in a small bowl. Cook the noodles according to the instructions on the package. A minute before they are ready, throw in the broccoli. In the meantime, heat the oil in a wok, then fry the beef for 2-3 minutes until well browned. Pour in the sauce, stir, let it boil, then turn off the heat. Drain the noodles, mix in the beef, and immediately serve sprinkled with spring onions.

TIP

Plan your shopping and don't shop hungry

Do not rely on memory - before shopping, check what you have at home and never buy without a plan/list or when you are hungry. Shopping on an empty stomach is never a good idea. Being hungry might convince you to impulsively buy unhealthy snacks or ingredients you don't need.



Venetian Style Veal Liver (Fegato Alla Veneziana)

INGREDIENTS

- 500 g of veal liver
- hard flour
- 1 onion
- 4 cloves of garlic
- parsley
- 150 g of pureed tomatoes
- bay leaf
- polenta
- salt
- pepper
- olive oil

DIRECTIONS

Cut the veal liver into strips. Roll them on both sides in sharp flour. Sauté onion and garlic in olive oil in a pan; when they soften, take them out of the pan. Pour a little more olive oil into the pan and add the liver. Let them fry for 2 minutes on each side. Return the onion and garlic to the pan; add the bay leaf and pureed tomato. Add salt and pepper, and cover the pan or container in which you are cooking. Cover and cook for about 15 minutes. During this time, cook the polenta in another bowl in salted water with a spoonful of olive oil.

Sprinkle the roasted liver with parsley and serve with polenta and green salad.

TIP

Rehydrate your leafy greens!

If your lettuce has wilted a little in the fridge, don't throw it away! Soak in ice water for 30 minutes, dry, and you will have a crunchy salad. Lettuce becomes limp as it loses water over time, and this simple trick rehydrates it. There is no need to throw it away unless it has started to rot!



Quick mushroom and spinach lasagne

INGREDIENTS

- 1 tablespoon of olive oil
- 1 clove of garlic, chopped
- 250 g package of mushrooms, sliced
- 1 teaspoon of chopped thyme
- 200 g of spinach, fresh or frozen
- 300 g of soft cheese (cream cheese)
- 4 tablespoons of grated Parmesan cheese
- 400 g of lasagna

DIRECTIONS

Heat the oven to 200°C. Heat the oil in a large pan, add the garlic, and cook for 1 minute. Add the mushrooms and thyme and cook for 3 minutes until they begin to soften. Add the spinach and stir until it wilts a bit. Remove from the heat and stir in the soft cheese, 1 tablespoon of Parmesan, and a little seasoning.

Place a quarter of the spinach mixture in the bottom of a medium-sized baking dish, place the pasta on top, and repeat until all the pasta is used up. Finish with the last quarter of the spinach and mushroom mixture, sprinkle with the remaining Parmesan cheese, and bake for 35 minutes until golden and the pasta is tender. If you use dry lasagna, cook it according to the instructions and shorten the baking time to 25 minutes.

TIP

Share and donate

When you have extra meals or ingredients, share them with the people around you instead of throwing them away. Take leftovers of prepared meals to family, neighbors or colleagues at work, and donate food that can be stored to the nearest social supermarket.

Mediterranean fish gratins

INGREDIENTS

- 3 tablespoons of olive oil
- 1 large onion, thinly sliced
- 1 fennel (about 250 g), cut into slices,
- 3 large cloves of garlic, finely chopped
- 150 ml of white wine
- 2 x 400 g cans of chopped tomatoes
- 2 tablespoons of tomato puree
- 1 bay leaf
- 1 tablespoon of fresh lemon juice
- 1 small bunch parsley, leaves roughly chopped
- 900 g mixed fish fillets without skin (optional)
- 350 g of raw peeled prawns (you can omit or add other seafood if you wish)
- 75 g of finely grated parmesan cheese
- 50 g of bread crumbs
- green salad, for serving (optional)

Freeze these pies for a quick lunch!

Simmer the fish mixture for an additional 2–3 minutes, or until the fish is just cooked and the prawns are golden. Leave the assembled pies to cool in the pans without baking. Cover with a double layer of foil and freeze for up to 1 month. To serve, thaw the pies overnight in the refrigerator, then bake as above for 25 minutes or until hot.

TIP



DIRECTIONS

Heat the oil in a large, non-stick pan and gently fry the onion, fennel, garlic, and coriander seeds for 15 minutes, stirring regularly, until the vegetables soften and take on a light color. Pour the wine into the pan and add the tomatoes, tomato puree, saffron, and bay leaf. Cook gently for about 15 minutes, stirring occasionally, until thickened. Heat the oven to 200°C. Mix the lemon juice and most of the parsley into the tomato mixture; add the pieces of raw fish and prawns; and mix well. Cover tightly with a lid and simmer gently over medium heat for 4–5 minutes, or until the fish is almost cooked. Stir several times while the fish cooks, being careful not to break it up.

Pour the tomato and fish mixture into six individual casserole dishes or one large one. Mix the cheese, breadcrumbs, remaining parsley, and a little ground black pepper, and sprinkle on top. Bake for 20 minutes, or until the pies are golden brown and bubbly. Serve with a green salad, if desired.



Creamy pasta with ham, leek, and mushrooms

INGREDIENTS

- 2 teaspoons of olive oil
- 2 medium leeks, thinly sliced
- 200 g of button mushrooms, cut into slices
- 2 crushed garlic cloves
- 300 g of spaghetti
- 140 g of low-fat soft cheese
- 85 g of smoked ham, chopped
- small package of basil
- 25 g of grated parmesan cheese

DIRECTIONS

Heat the oil in a large pot. Stir in the leeks, 2 tablespoons of water, and some spices; cover and cook for 5 minutes on medium heat until the leeks are soft. Add the mushrooms and garlic and cook for another 3 minutes. Meanwhile, cook the spaghetti according to the instructions on the package, then drain and leave some of the cooking liquid. Stir the soft cheese into the leek and mushroom mixture, adding enough of the cooking liquid to achieve a creamy consistency. Add the ham, basil leaves, and Parmesan cheese, then add the cooked spaghetti.

TIP

Plan your weekly menu

Drawing up a weekly menu can help organize food consumption. Using online tools or cookbooks to help with meal planning also helps with making an accurate shopping list. It takes a few weeks to get used to this regimen, but it's worth it for saving time and money.



Family chicken stew

INGREDIENTS

- 1.2 kg of potatoes
- 400 g of chicken white meat
- 100 g of carrots
- 1 medium onion
- 3 large spoons of oil or other fat as desired
- 2 liters of water or stock
- 3 table spoons of vinegar
- 2 tea spoons of sweet ground red pepper
- salt and pepper

DIRECTIONS

Cut the potatoes into tiny cubes after peeling and washing them. Peel, wash, and grate the carrot, or you can also roughly chop it. Chicken should be cleaned and then cut into small cubes. Slice the onion thinly or use a food processor.

Transfer your preferred fat or oil into a big frying pot. After a brief period of heating, add the onion and stir-fry it for approximately 10 minutes, or until it becomes golden. Add the carrots and cook for five minutes. Next, add the chicken slices. Simmer everything for five minutes while adding salt and pepper.

Add the red pepper, mix, and cover everything with preheated water or stock. Add potatoes and cook for about 15 minutes. Only when the potatoes are fully cooked, add vinegar to the stew, boil for another minute, and remove from the heat. If you add the vinegar before the potatoes are done, the acid will prevent them from cooking properly.

TIP

Buy a whole chicken

Whether you are cooking for yourself or the whole family, buy a whole chicken. With a little practice, you will become skilled at separating individual pieces of meat that you can pack depending on their use (wings, drumsticks, white meat, etc.). Never throw away the chicken bones; combine them with the leftover vegetables you collect in the freezer and use them for chicken stock that you can freeze again.



Quick falafel burgers

INGREDIENTS

- 400 g of canned chickpeas, washed and drained
- 1 small red onion, finely chopped
- 1 clove of garlic, chopped
- a handful of fresh parsley
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon harissa paste or chili powder
- 2 spoons of plain flour
- 2 tablespoons of sunflower oil
- buns or flatbreads
- 200 g of tomato salsa
- green salad

DIRECTIONS

Drain the chickpeas and dry them with kitchen paper. Place in a food processor together with onion, garlic, parsley, cumin, coriander, harissa paste, flour, and a little salt. Mix until fairly smooth, then shape into four patties with your hands. If the mixture is too thin, add flour or breadcrumbs.

Heat the sunflower oil in a non-stick pan and fry the burgers for 3 minutes on each side until golden brown. Serve with toasted pastries or buns, tomato sauce, and a green salad.

TIP

It's time for coffee!

Stop throwing away coffee grounds. This often overlooked residue has many uses: it is an excellent fertilizer for plants and is rich in nitrogen, phosphorus, and potassium. Coffee grounds are also a fantastic natural mosquito repellent. In fact, research has shown that sprinkling coffee grounds on lawns deters female mosquitoes from laying eggs, thus reducing the population of these pesky insects.



Creamy zucchini lasagne

INGREDIENTS

- 9 dry sheets for lasagna
- 1 tablespoon of sunflower oil
- 1 onion finely chopped
- 700 g zucchini (about 6), coarsely grated
- 2 crushed garlic cloves
- 250 g of ricotta
- 50 g of cheddar or other fattier, easily melting cheese
- 350 g of pureed tomatoes

TIP

Store food properly

Improper storage leads to a large amount of food waste. For example, potatoes, tomatoes, garlic, cucumbers, and onions should never be refrigerated but kept at room temperature. Separating foods that produce more ethylene gas from those that don't is another great way to reduce food spoilage. Ethylene promotes the ripening of food and can lead to spoilage. Foods that produce ethylene during ripening include bananas, avocados, tomatoes, melons, peaches, pears, and green onions. Keep these foods away from ethylene-sensitive produce such as potatoes, apples, leafy greens, berries, and peppers.

DIRECTIONS

Heat the oven to 220°C. Bring a pot of water to a boil, then cook the lasagna sheets for about 5 minutes until they are soft but not cooked through. Rinse with cold water, then drizzle with a little oil to prevent sticking.

Meanwhile, heat the oil in a large pan and fry the onion. After 3 minutes, add the zucchini and garlic and continue frying until the zucchini softens and takes on a light green color. Stir in 2/3 of the ricotta and cheddar, then season to taste. Heat the tomato sauce in the microwave for 2 minutes on high.

In a large baking dish, layer the lasagna, starting with half the zucchini mixture, then the pasta, then the tomato sauce. Repeat, top with pieces of remaining ricotta, then sprinkle with remaining cheddar. Bake on the top shelf for about 10 minutes until the pasta is soft and the cheese is golden brown.



Sausage & bean one-pot

INGREDIENTS

- 1 tablespoon of vegetable oil
- 1 onion, thickly sliced
- 8 sausages (dry sausages for cooking or others as desired)
- 1 clove of garlic, crushed
- 2 x 400 g cans of beans
- 2-3 sprigs of parsley, chopped

DIRECTIONS

Heat the oil in a large pan. Cook the onion and sausages over fairly high heat for 8–10 minutes, turning the sausages frequently to brown them. Add the garlic and canned beans (along with the liquid) to the pan with the sausages. Fill one can halfway with water, mix, and add to the pan. Mix everything together and let it boil. Reduce to a simmer and cook for 10 minutes, or until the sausages are cooked through. Season and sprinkle with parsley.

TIP

Beans - champion in the prevention of heart disease!

Beans are almost nature's perfect food. These little powerhouses are packed with vitamins, minerals and phytochemicals. Beans are a champion when it comes to preventing heart disease. For example, beans are one of the best sources of soluble fiber that naturally lowers cholesterol. Beans are great for your health because they contain protein and fiber that can help maintain weight and improve gut health.



Bolognese potato pie

INGREDIENTS

- 2 tablespoons of extra-virgin olive oil
- 200 g of bacon, cut into strips
- 1 large onion, finely chopped
- 1 celery stalk, finely chopped
- 1 carrot, finely chopped
- 3 garlic cloves, crushed
- 500 grams of prepared bolognese sauce
- 6 (600 g) peeled potatoes, cut into large pieces
- ¾ cup (180 ml) cream 100 g of unsalted butter
- ½ cup (40 g) finely grated Parmesan cheese, plus more for sprinkling

It's time to use the Bolognese sauce you prepared and put in the freezer ten days ago on Sunday. 😊

DIRECTIONS

Boil potatoes until soft, drain, and then mash with cream, butter, and grated Parmesan cheese. Spoon the bolognese you defrosted before into the bottom of the baking dish. Spread the mashed potatoes on top of the meat and sprinkle with the remaining Parmesan cheese. Bake at 200°C until the mashed potatoes take on a golden color.



Simple fish stew

INGREDIENTS

- 1 tablespoon of olive oil
- 2 carrots, diced
- 2 celery sticks, diced
- 2 cloves of garlic, finely chopped
- 2 leeks cut into thin slices
- 400 g of chopped tomatoes (canned)
- 500 ml of hot fish stock
- 2 hake fillets without skin (about 200 g), cut into pieces
- Other types of fish or seafood, as desired

DIRECTIONS

Heat the oil in a large pan, add the carrots, celery, and garlic, and cook for 5 minutes until soft. Add the leeks, tomatoes, and stock, season, and let it boil, then cover and cook on a low heat for 15-20 minutes until the vegetables soften and the sauce thickens a little and reduces.

Add the fish and cook for a further 2 minutes until lightly cooked. If you use frozen fish, thaw it before cooking.

TIP

Grow your own herbs

Growing your own herbs reduces food waste because you can harvest them as needed and store them for later use. This practice also saves you money and time and brings a "green hue" to your kitchen. The easiest spices to grow are thyme, parsley, chives, mint, lemongrass, basil, and even rosemary. They all do well in small jars.



Defrost the previously prepared pizza dough from the beginning of this cookbook 😊 and get the kids involved again.

Pizza Christmas tree

INGREDIENTS

- Pizza dough, thawed
- 60 g of pizza sauce or tomato-based pasta sauce
- 100 g of grated mozzarella
- optional extras (pancetta, cheeses, salami, vegetables you have available)
- 3 tablespoons of pesto, if needed

DIRECTIONS

Heat the oven to 200°C. Place the dough on baking paper, roll it out, and use a sharp knife to cut it into a large Christmas tree shape, saving all the leftovers.

Spread the tomato sauce over the dough, pushing it to the edges. Sprinkle over the cheese and all the toppings you have prepared. Spread the pesto over the remaining pieces of dough, and cut most of them into 1-cm-wide strips using a pizza cutter. Twist and stack over the tree. Cut out stars or other shapes from the leftover scraps, then use them to decorate the tree or bake them separately.

Bake for 20–25 minutes until the pastry puffs up and turns golden and the cheese melts. Serve immediately.



Hake À la cod (chake stew)

INGREDIENTS

- 1 kg hake
- 1.5 kg of potatoes (cut into slices)
- 5-6 cloves of garlic (finely chopped)
- parsley (finely chopped)
- 1.5 dl of white wine or, if desired, juice from ½ lemon
- 1-2 bay leaves
- olive and sunflower oil
- salt
- pepper

TIP

Hake always and often!

Hake has white, soft, and juicy meat, excellent taste, and is easy to digest. Due to its nutritional composition, it is recommended for all age groups. The energy value of hake is 88 kcal / 368 kJ per 100 g of fresh food. 100 grams of fresh hake contain 80% water, 0.85 g of fat, 17.2 g of protein, and 0 g of carbohydrates.

DIRECTIONS

Boil the hake in water seasoned with salt and pepper. Don't discard the water; carefully take the fish out, let it cool, and remove the bones. After peeling and slicing, simmer the potatoes in the same hake water. After that, drain the potatoes, but save the water! heat oil in a pot, add two or three garlic cloves, then arrange the potato slices on top. Continue adding fish and potatoes until all the ingredients are used with potatoes on top. Pour in the water used to cook the hake and potatoes, along with the bay leaf, parsley, and the remaining garlic. Pour in some wine or lemon juice. Simmer for ten to fifteen minutes over medium heat. Give it a few shakes.

To keep the scent of the fish, rub the hake with lemon juice before baking or frying.

You can bake it for 10 to 15 minutes at 200°C to 220°C in place of the final 15 minutes of cooking.

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